

Test Kit Instructions

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Methylation Profile Blood Sample Instructions

This sample is a referral from Viva Health Laboratories to Doctor's Data Inc.

Please find enclosed a kit for your Methylation Profile which includes all necessary sample tubes.

IMPORTANT NOTE

Due to the stability of this test type, the sample has specific preparation requirements immediately after collection. Please check with your phlebotomy clinic / doctor / nurse that they have access to an on-site **centrifuge** and medical grade **freezer**. If you are unable to find a suitable collection clinic, contact your practitioner for advice.

Instructions

Please read these instructions thoroughly before a sample is collected, and ensure you have all the correct kit contents as listed below.

- You should **fast for 14 hours** prior to your test appointment with nothing to eat or drink except water.
- You should discontinue dietary supplements containing **methionine, cysteine and SAMe (S-Adenosyl-L-Methionine)** for 48 hours prior to the appointment.
- **Never** discontinue prescription medications without first consulting your doctor.

Kit contents

- | | |
|--|-------------------------------|
| • 1 x Purple-top EDTA blood collection tube | • 1 x Test Request Form |
| • 1 x Plastic transfer pipette | • 1 x Small Clear Sample Bag |
| • 1 x Clear-capped 8ml plasma transfer vial
(with acetic acid as preservative*) | • 1 x Styrofoam Insulated Box |
| | • 1 x Grey Return Postal Bag |
| | • 1 x Ice Pack |

* Vial contains approximately 0.3ml of 6% acetic acid which is similar to vinegar. **Keep away from children.**

Wipe spills with a wet towel. In case of contact with eyes, flush with water for 15 minutes. In case of contact with skin, wash with soap and water.

Prior to phlebotomy appointment

1. Freeze the supplied ice-pack fully for at least 6 hours before attending your appointment.
(This ensures that your sample can be returned to the laboratory on the day of collection)
2. Bring all kit contents with you to the appointment, as you will be posting your sample back to the laboratory on the day of collection.

On the day of collection

Please give these instructions to your phlebotomist.

Tubes: Purple top EDTA tube

Processing: Pipette plasma into vial with preservative (acetic acid) – fill to line

Rejection: < 2 mL, haemolysis

Shipping/Stability: FREEZE plasma and send with frozen gel ice brick by next-day delivery.

1. Label both purple top EDTA tube and white-capped 8mL tube clearly with the following details:
 - Full name
 - Date of birth
 - Home post code
 - Sample collection date

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Please note: The test cannot be performed without these patient identifiers on the tube.

2. Ensure the **Blood Sample Details** on the sample request form are completed by the clinician/phlebotomist including the following:
 - Name of clinician/phlebotomist
 - Sample collection date
 - Number of each sample container provided
3. Draw the blood into the EDTA (lavender top) tubes and invert 10 times to mix.
4. Centrifuge specimen within 15 minutes of collection for 20 minutes at 3,000 rpm.
5. Carefully remove tube once centrifuge comes to a complete stop.
6. Using the disposable pipette supplied, pipette plasma into the clear capped 8mL plastic transfer vial with acetic acid preservative.
7. Fill to the line marked "3 mL" - do not fill above the line. 2 mL is the minimum amount of plasma required.
8. Mix by inverting the tube at least 5 times.
9. Place the white capped tube into the zip-lock bag with the test request form and place immediately into the freezer (the lavender top tube can now be discarded or returned to VHL for safe disposal).

Posting the sample

1. When the sample is ready to ship, place the frozen ice pack into the Styrofoam box with the sample bag containing the vial and the test request form.
2. Place the bag into the cardboard box, ensuring it is sealed correctly.
3. Place the box into the grey clear postal bag with the return label and seal.

Please note: If the phlebotomy clinic has postal pick-ups you do not need to post this sample yourself.

If the clinic does not offer this, you will need to return to the clinic to pick up the frozen sample to post yourself same day. The sample should be frozen solid after 1-2 hours of collection.

IMPORTANT NOTE

Samples must be posted on the day of collection to ensure next working day delivery. Avoid posting samples on Friday-Sunday as there may be weekend delays.

We cannot process samples without all patient details included above. These MUST match the sample request form received with this sample. If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.